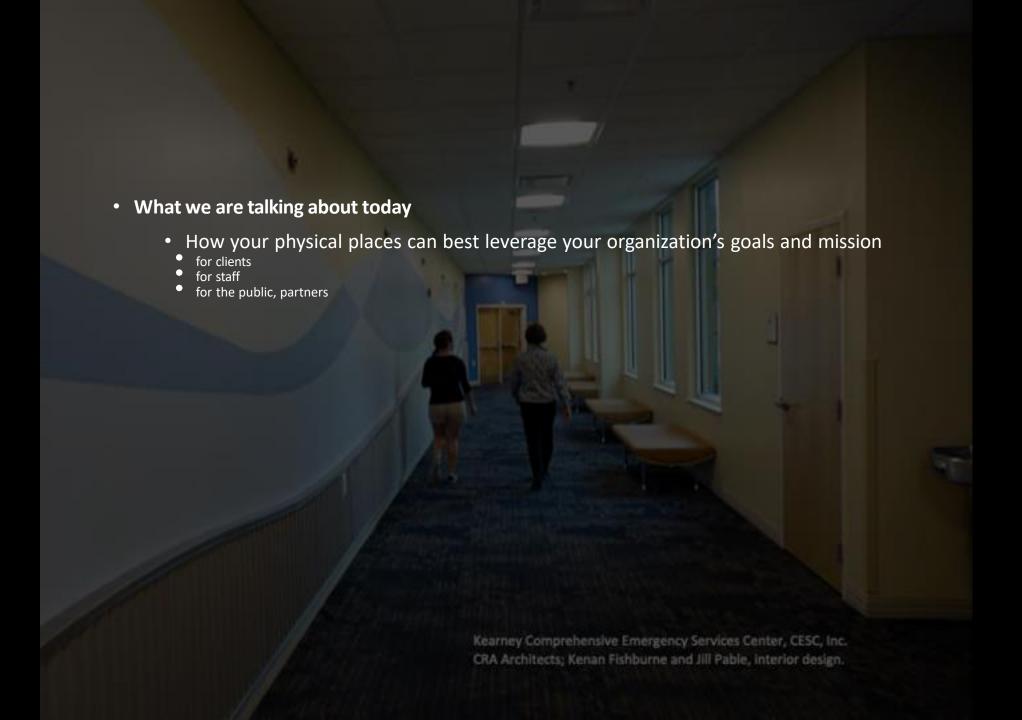
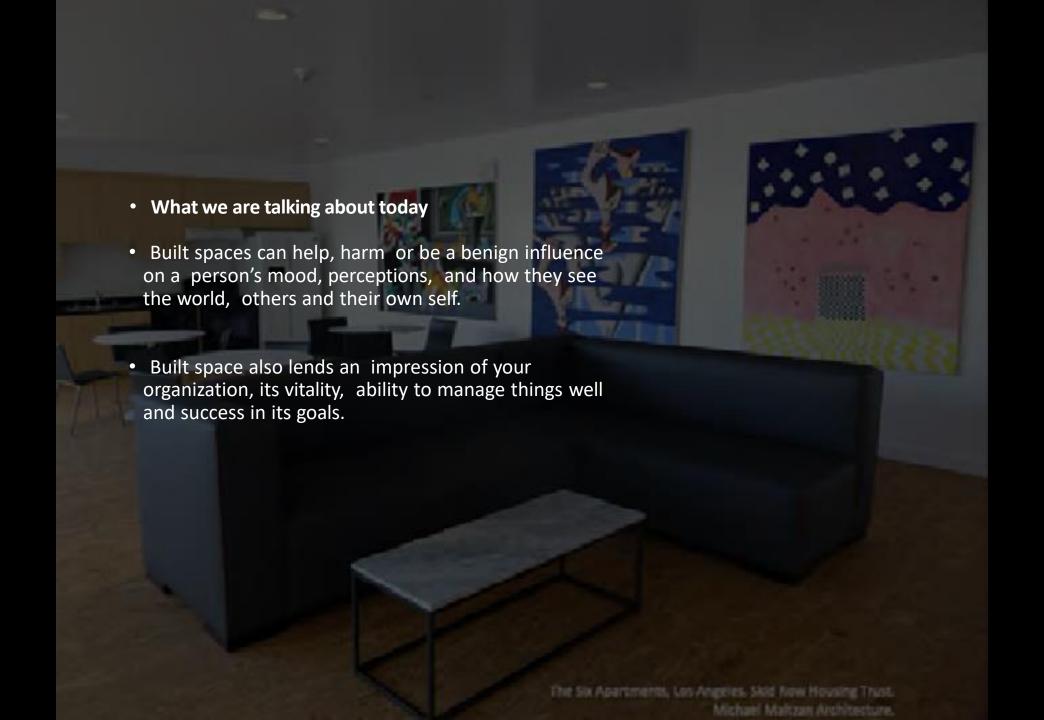


It's All about the Design: Creating Trauma-Informed Shelters







- Our time together
- today
- Why architecture and design can affect things
- Principles of traumainformed care and trauma- informed design
- Fundamental needs/interactive discussion
- Case studies
- Recommendations for future projects
 - Kearney Emergency Services Center, Tallahassee
- CRA Architects

designresourcesforhomelessness.org

Case Studies



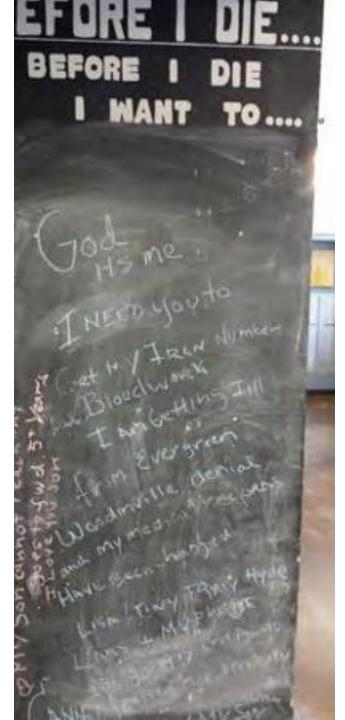




The challenges of your work

- Budget
- Repurposed spaces
- Needs and volume of need
- Maintenance and cleaning regimens
- The stakes
- Provocative nature of work
- Construction schedules
- Sheer diversity of people's circumstances, perceptions and needs
- Flexible and changing status of needs and populations





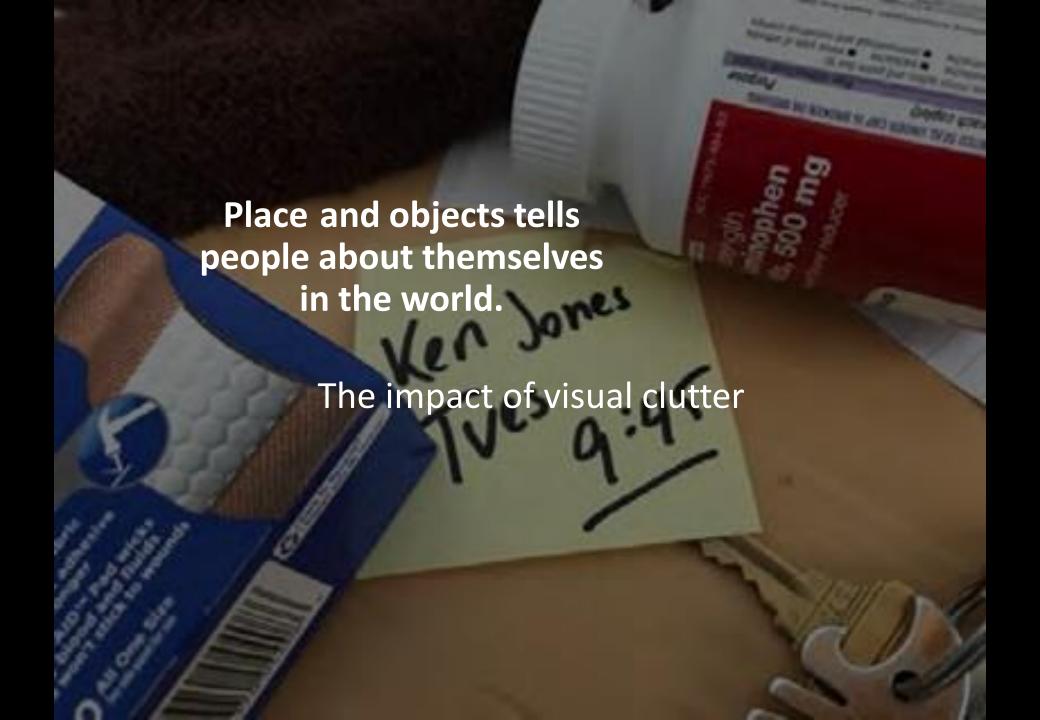
• 1. Why physical place design matters

 Bahkita Gardens shelter for women, Seattle Community Design Works, Architects.

Embodied Cognition Theory

what people perceive and act on may be influenced by what they physically sense with their bodies.











"The physical environment is the program as much as groups, routines, and therapy."

Jonathan Farrell Committee on Temporary Shelter Burlingon, Vermont

Way Station Day Center, Burlington. Duncan Wiesnewski Architects.
Before image: community room.

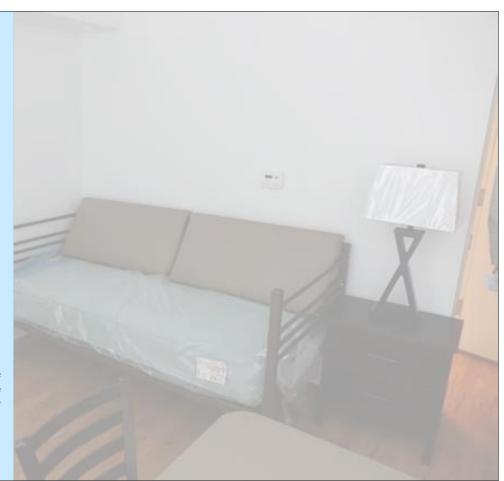


Way Station Day Center, Burlington. Duncan Wiesnewski Architects.
After image: community room.



2. Trauma-Informed Care and Trauma-Informed Design Principles

Third Avenue Apartments, the Bronx. Services for the Underserved, James McCullar Architecture.



Fundamental definitions



Trauma

Results from "an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual wellbeing."

-Substance Abuse and Mental Health Services Administration (SAMHSA)

Fundamental definitions



Downtown Austin, Texas

Three parts of trauma

- 1. the event or circumstances
- 2.the person's experience of these events; and
- 3.the effects from the event, which can be adverse and long-lasting.

A person who has experienced trauma may continue to experience this defensive response, even in situations that are not threatening.

- Trauma and Justice Strategic Initiative, 2014

Fundamental definitions



Toxic stress

Strong, frequent, and/or prolonged adversity that stimulates the body's natural protections against stress and can have a long-term negative impact on neurobiology, psychology, and physical health.

- Center for Health Care Strategies, Inc., 2017

The ACE study

Research Article

Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults

The Adverse Childhood Experiences (ACE) Study

Vincent J. Felitti, MD, FACP, Robert F. Anda, MD, MS, Dale Nordenberg, MD, David F. Williamson, MS, PhD, Alison M. Spitz, MS, MPH, Valerie Edwards, BA, Mary P. Koss, PhD, James S. Marks, MD, MPH

Background: The relationship of health risk behavior and disease in adulthood to the breadth of

exposure to childhood emotional, physical, or sexual abuse, and household dysfunction

during childhood has not previously been described.

Methods: A questionnaire about adverse childhood experiences was mailed to 13,494 adults who had

completed a standardized medical evaluation at a large HMO; 9,508 (70.5%) responded. Seven categories of adverse childhood experiences were studied: psychological, physical, or sexual abuse; violence against mother; or living with household members who were substance abusers, mentally ill or suicidal, or ever imprisoned. The number of categories of these adverse childhood experiences was then compared to measures of adult risk

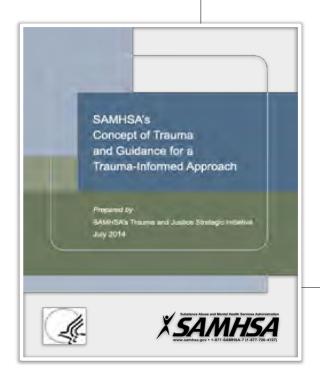
Helpful to keep in mind



Coping mechanisms people adopt in reaction to stress can complicate exiting the stressful situation

- Helplessness
- Isolation
- Emotional outbursts
- Blame displacement
- Denial
- Depression
- Substance abuse
- Exacerbated mental illness

A systematic response: Trauma-informed care



Definition

"A strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment."

-Hopper, Bassuk, & Olivet, 2010

Currently, it's a "working concept"

-SAMHSA

A systematic response: Trauma-informed



Goal

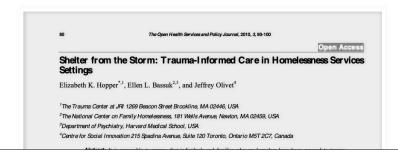
Create a 'wraparound' recovery environment that includes the built environment itself along with training, therapies and other support activities.

Some key themes: Trauma-informed care

From an analysis of 5 TIC models out there

-Hopper, Bassuk, & Olivet, 2010

- Awareness of the nature and later expression of past trauma
- Emphasis on safety
- Creating opportunities to rebuild control
- Adopting a strengths-based approach helping clients identify their own strengths and develop coping skills



• Some key themes: Trauma-informed care

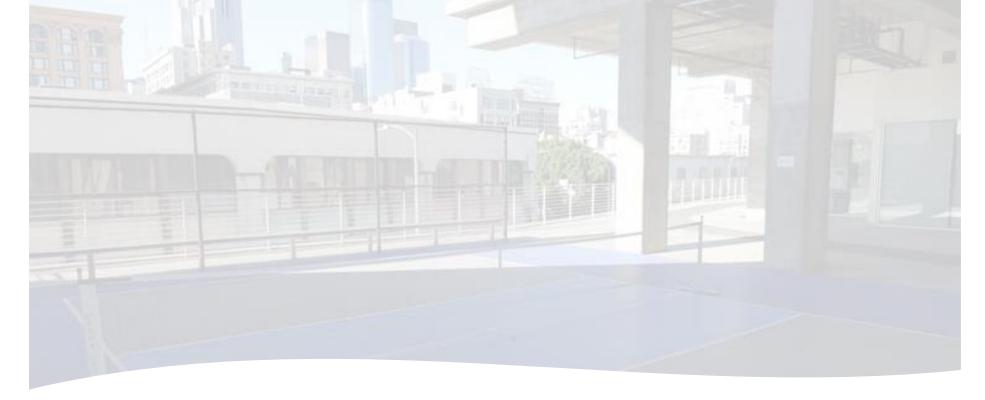
From SAMHSA

- Safety
- Trustworthiness and transparency
- Peer support
- Collaboration and mutuality
- Empowerment, voice and choice
- Awareness of cultural, historical and gender issues





- The physical environment's role: Trauma-informed care
 - There are 10 implementation domains, which include screening, training, policy-making and physical environment.
 - How does the physical environment promote sense of safety, calming and de-escalation for clients and staff?
 - In what ways do staff members recognize and address aspects of the physical environment that may be **re-traumatizing**, and work with people on developing strategies to deal with this?



• The physical environment's role: Trauma-informed care

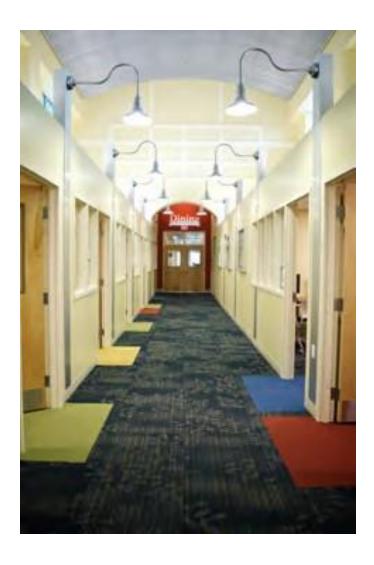
- There are 10 implementation domains, which include screening, training, policy-making and physical environment.
 - How has the agency provided space that both staff and people receiving services can use to **practice self- care?**
 - How has the agency developed mechanisms to address **gender- related physical and emotional safety concerns** (e.g., gender-specific spaces and activities)?

Trauma-informed Design: Consensus definition



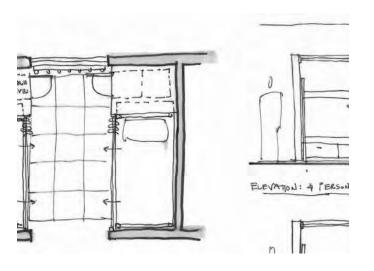
There is no current consensus on what content or guidelines constitute TID.

Some writers object to TID altogether, identifying it as an outcome of society that wrongly blames people for their status.



Trauma-informed Design: Assumptions

- Realizing that physical environment affects and individual's sense of identity, worth, dignity and empowerment
- Recognizing that physical environment has an impact on attitude, mood and behavior. There is a strong link between our physiological state, our emotional state, and our physical environment
- Responding by designing and maintaining supportive and healing environment for traumaexperienced residents or clients to resist re- traumatization.
- Kearney Emergency Services Center, Tallahassee CRA Architects

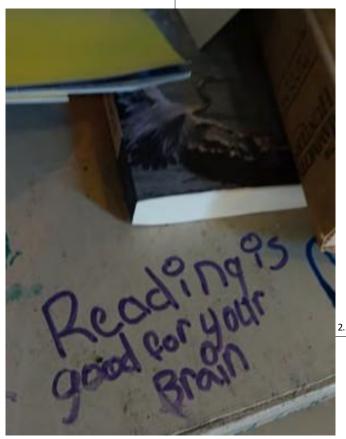




- Trends in TID application
 From large single-room barracks to smaller pods of 4-8 beds

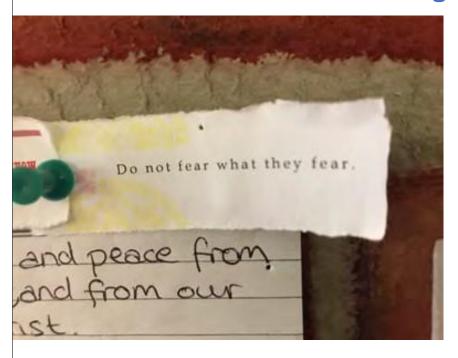
CAPSLO homeless shelter https:// <u>www.theodysseyonline.com/night-at-the-homeless-shelter</u>

Goals of Trauma-informed design



- 1. Reinforce the individual's sense of **personal identity** and sense of ownership
- 2. Provide an environment that is **safe while also inviting**
- 3. Promote opportunity for **choice** while balancing program needs and the safety/ comfort of the majority
- 4. Engage the individual actively in a **dynamic, multi**sensory environment
- 5. Reduce/remove known adverse stimuli & triggers
- 6. Reduce/remove **environmental stressors** such as noise and crowding
- 2. Farrell & Weeks, 2019; Hopper, Bassuk & Olivet, 2010, Trauma and Justice Strategic Initiative, 2014; Card, Taylor & Piatkowski, 2019; Design, 2018

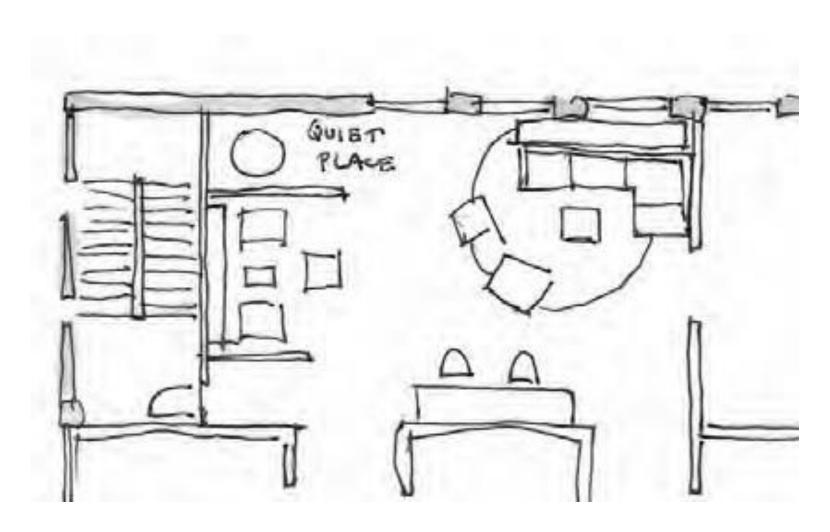
Goals of Trauma-informed design

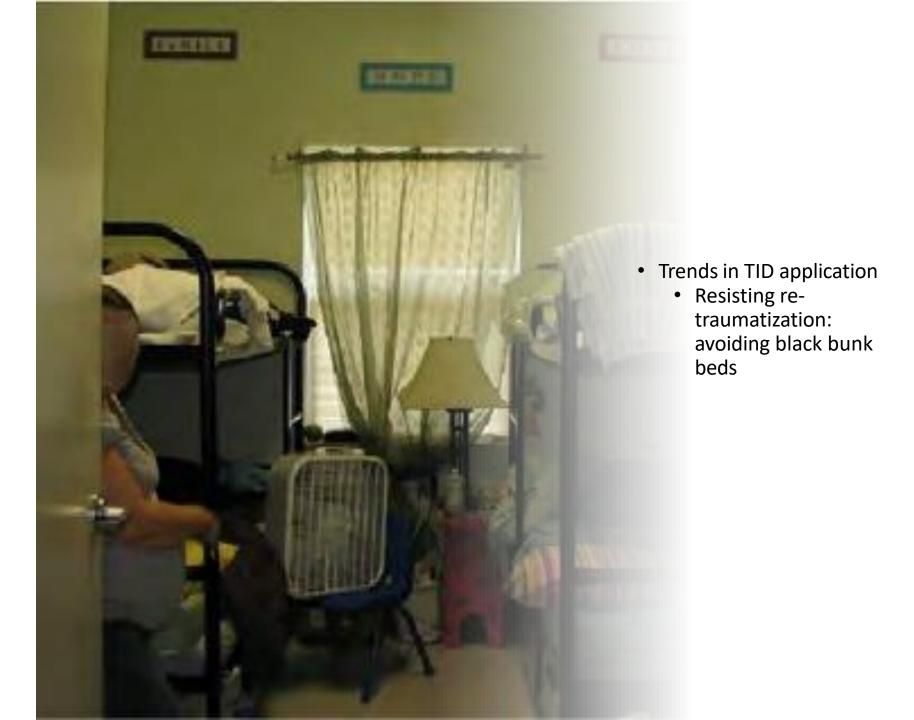


- 7. Provide ways for the individual to exhibit their **self-reliance** (ability to do things for him/herself)
- Provide the means for privacy and confidentiality
- Reinforce the sense of stable and consistent policy support for individuals that is worthy of their trust
- 10. Provide/promote **connectedness** to the natural world
- 11. Promote a sense of **community** and collaboration
- **12. Separate an individual** from others who may be in distress

Farrell & Weeks, 2019; Hopper, Bassuk & Olivet, 2010, Trauma and Justice Strategic Initiative, 2014; Card, Taylor & Piatkowski, 2019; Design, 2018.

Trends in TID application Impact on emotional state: de-escalation rooms













- 6 human needs principles
- a distillation of trauma-informed design principles that design can respond to





Stress Management



Sense of Community



Beauty and Meaning



1. Dignity and Self-Esteem



Keamey Emergency Services Center, Tallahassee

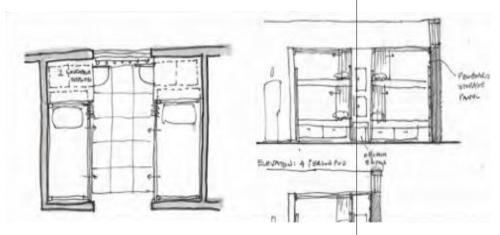
2. Empowerment and personal control





3. Security, privacy and personal space





CAPSLO homeless shelter https://www.theodysseyonline.com/night -at-the-homeless-shelter

4. Stress management

Courtyard perceptions of privacy

and sightlines.



Third Avenue Apartments, the Bronx. Services for the Underserved, James McCullar Architecture.

5. Sense of community

Buzz and activity. The psychology of round tables.

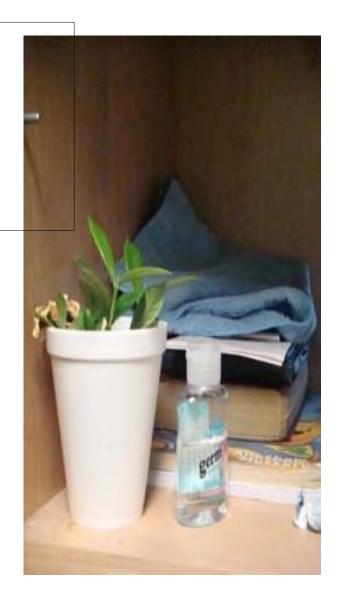


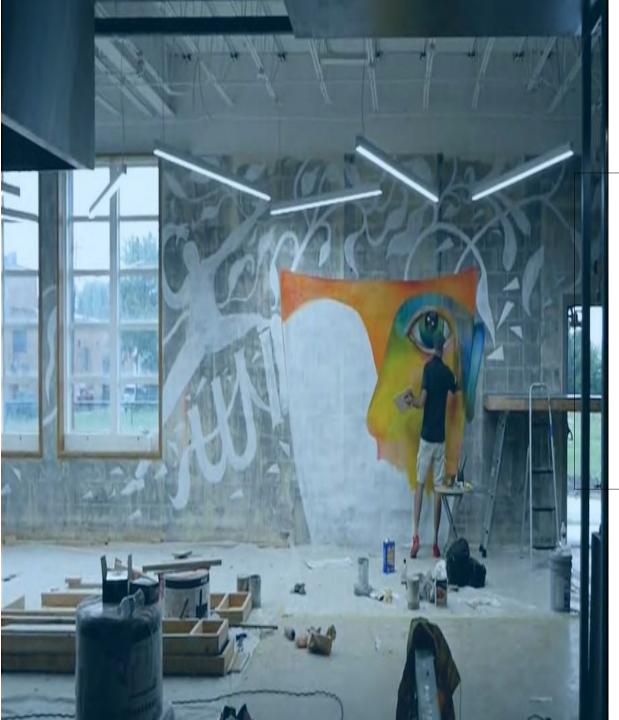
The Day Station,
Burlington Vermont. The
Council on Temporary
Shelter. Duncan
Wisniewski Architecture.

6. Beauty and meaning



Kearney Emergency Services Center, Tallahassee CRA Architects. Lighting design: Design Resources for Homelessness





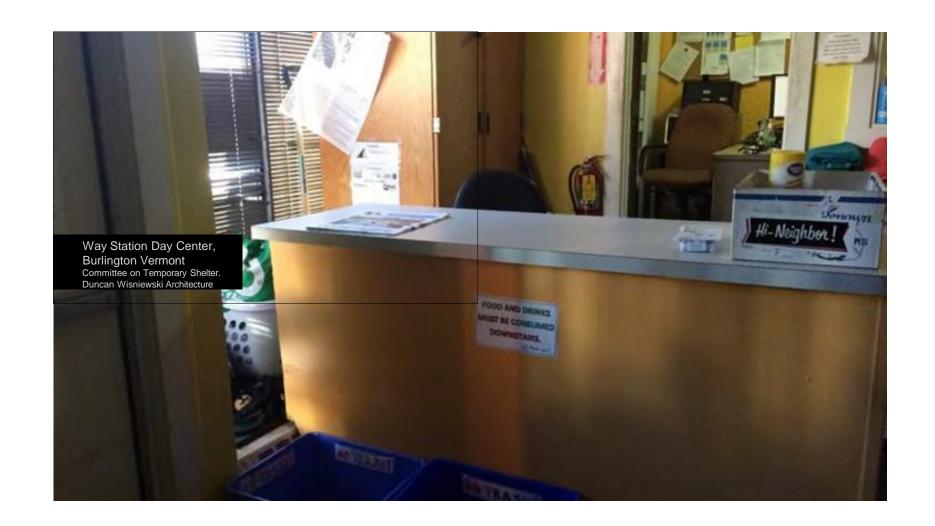
lew Carver Apartments, Los Angeles

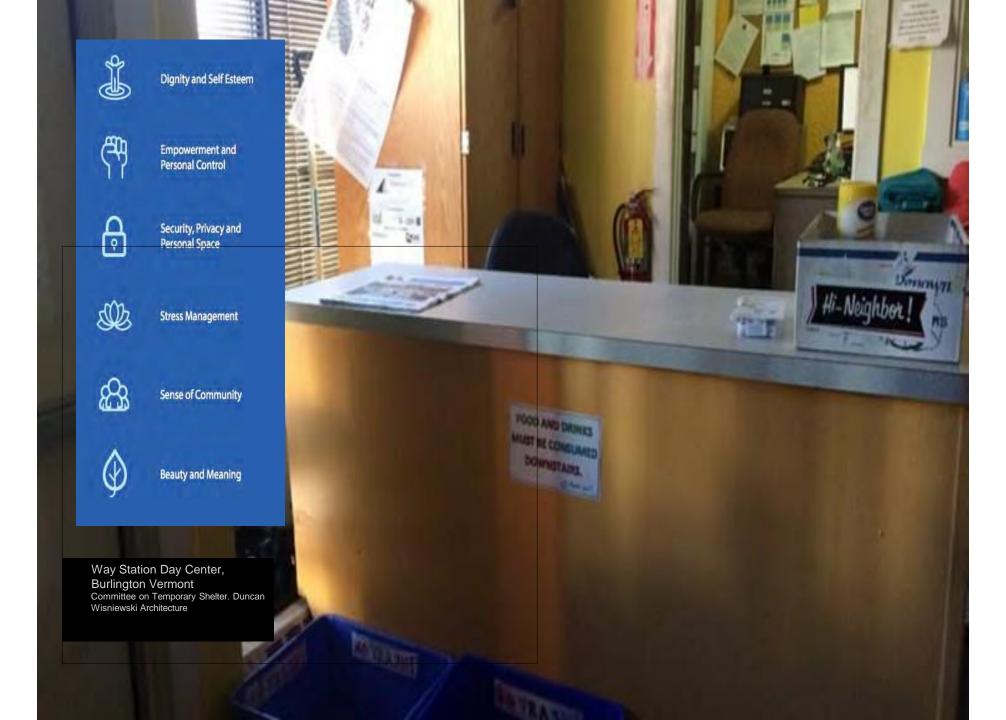
Case Studies

Looking at spaces using TID principles and the fundamental needs

After8to educate facility for adolescents with mural by

Dallas..





Way Station Day Center, Burlington Vermont

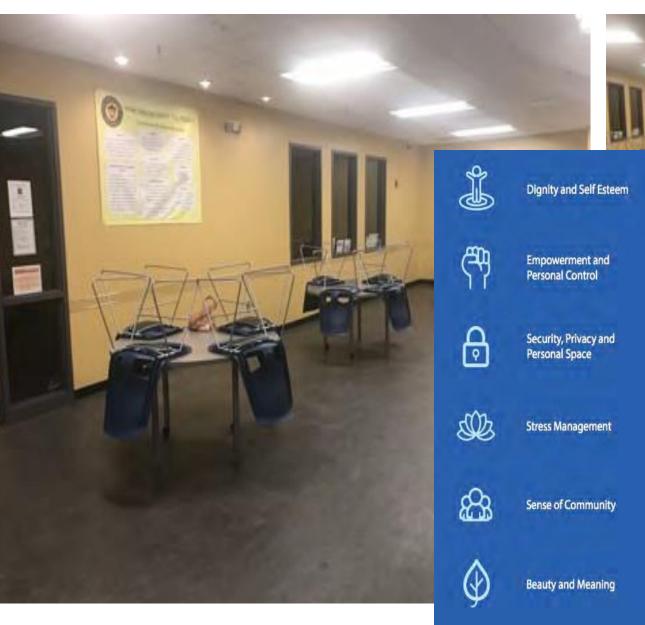
Committee on Temporary Shelter. Duncan Wisniewski Architecture

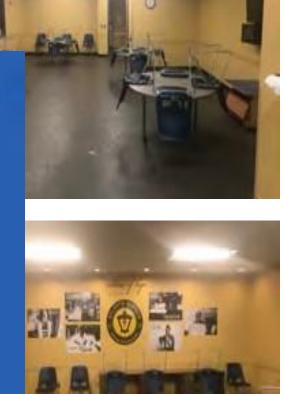


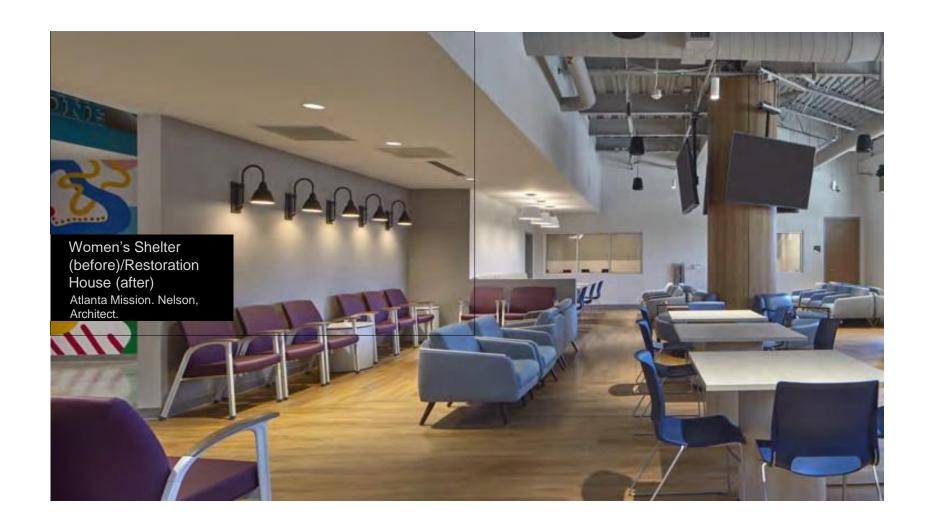




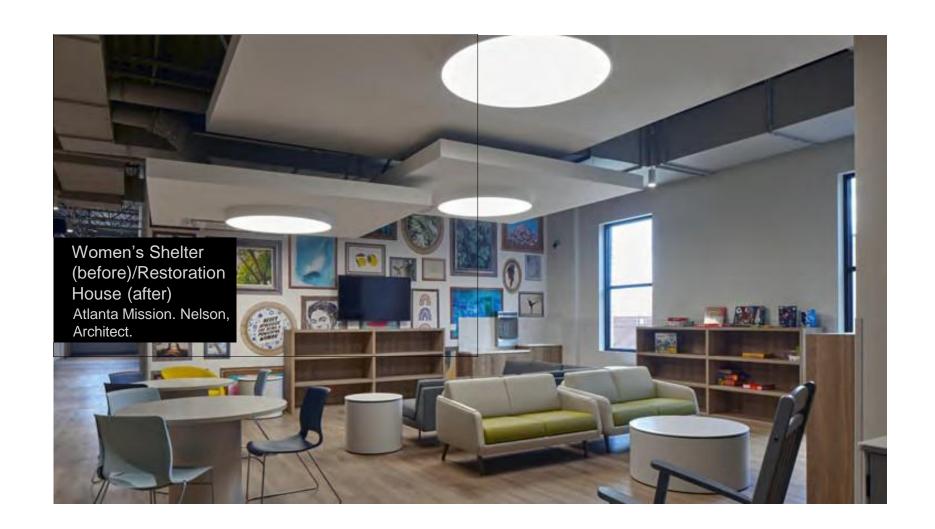


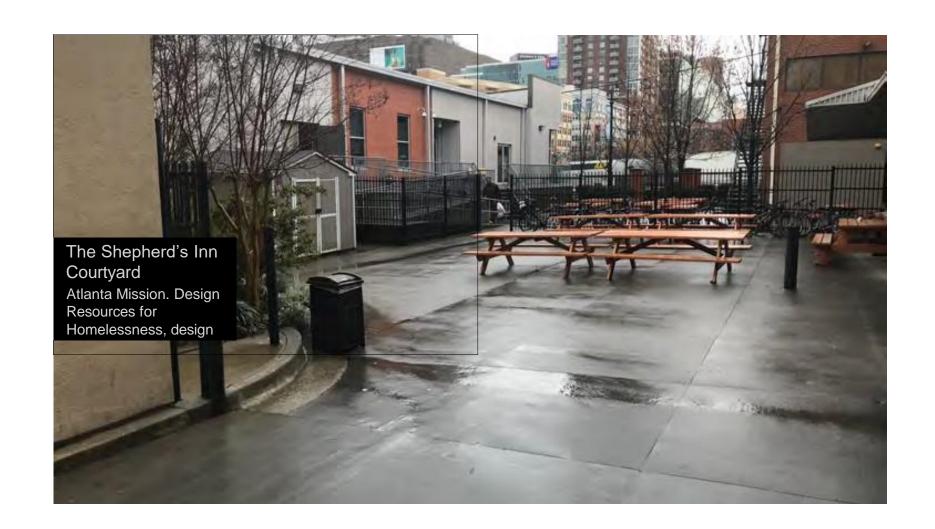


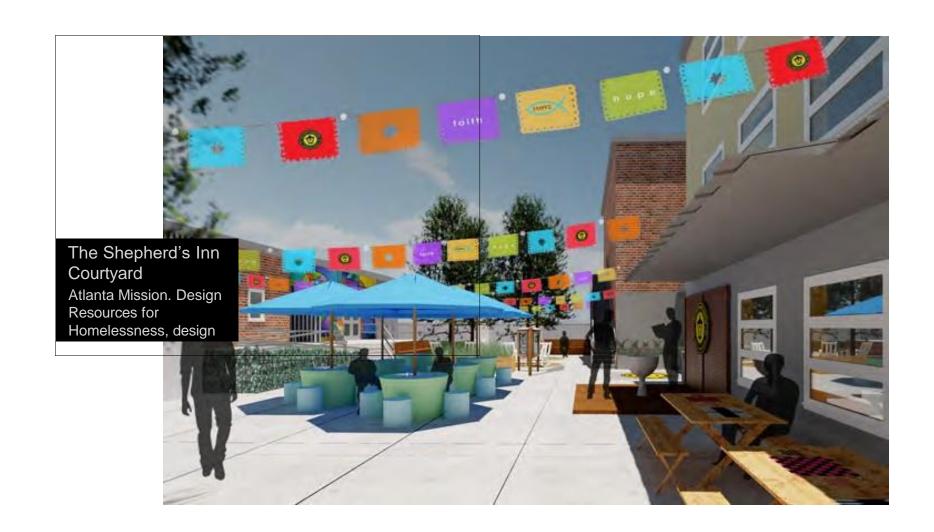


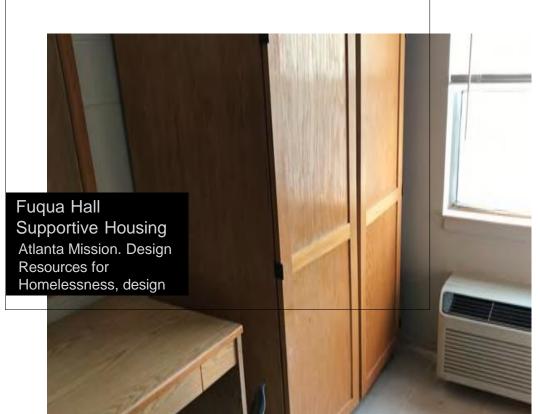






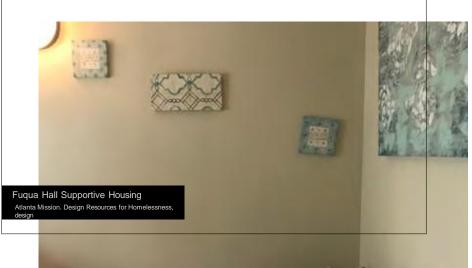






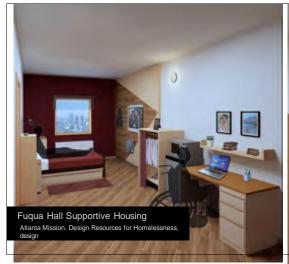




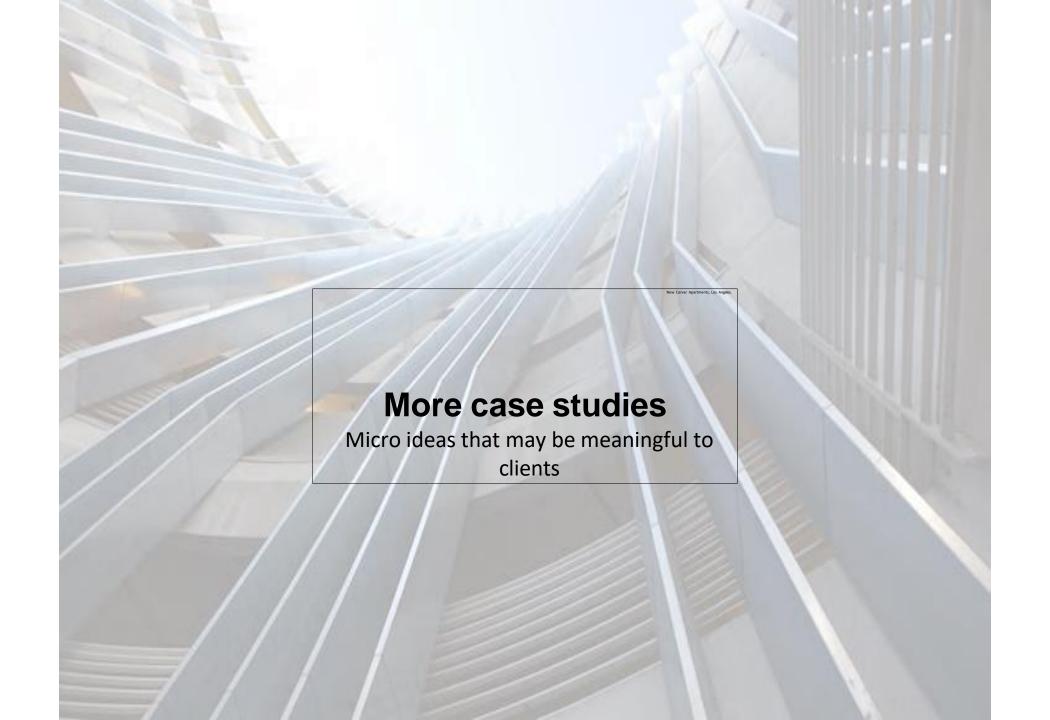










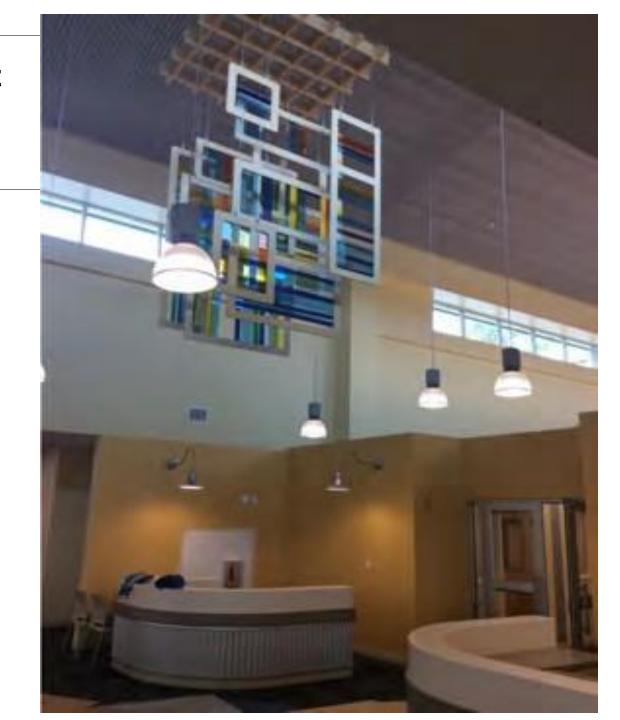


Wayfinding & Art

 Kearney Emergency Services Center, Tallahassee Florida

CRA Architects

Kenan Fishburne and Jill Pable, interior design



Lighting and self-perception



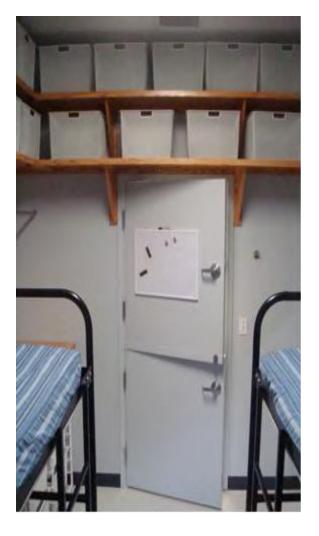


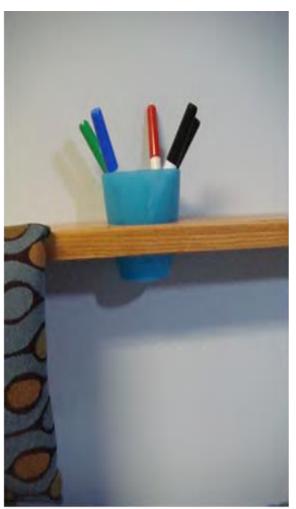






- HOPE Community Study
- Personal fan Personal clock radio
- Display/bulletin boards
- Marker board Privacy curtains Guest ottomans Bolster for leaning
- Lapdesks for homework Dutch entrance door









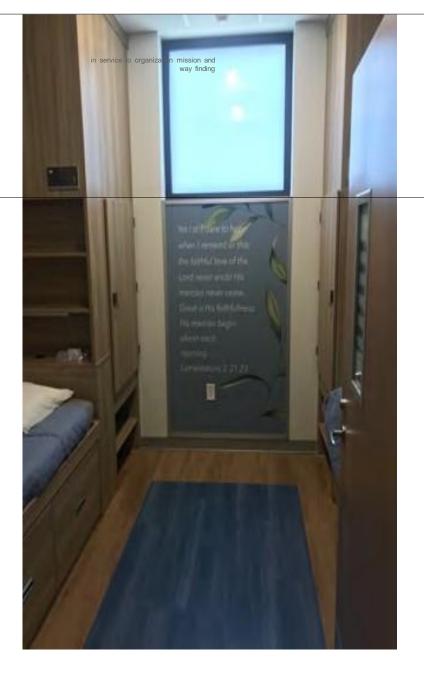




Privacy and personal control features

Visual stimulation





Restoration House, Atlanta. Atlanta Mission, Nelson, Architecture & Design Resources for Homelessness, design.

Privacy and dignity features

Restoration House Atlanta Atlanta Mission Nelson



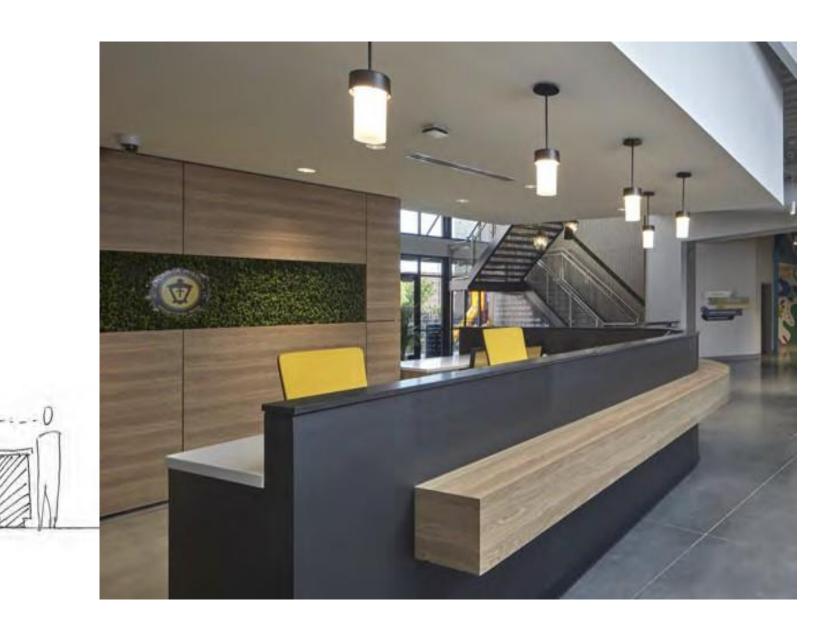






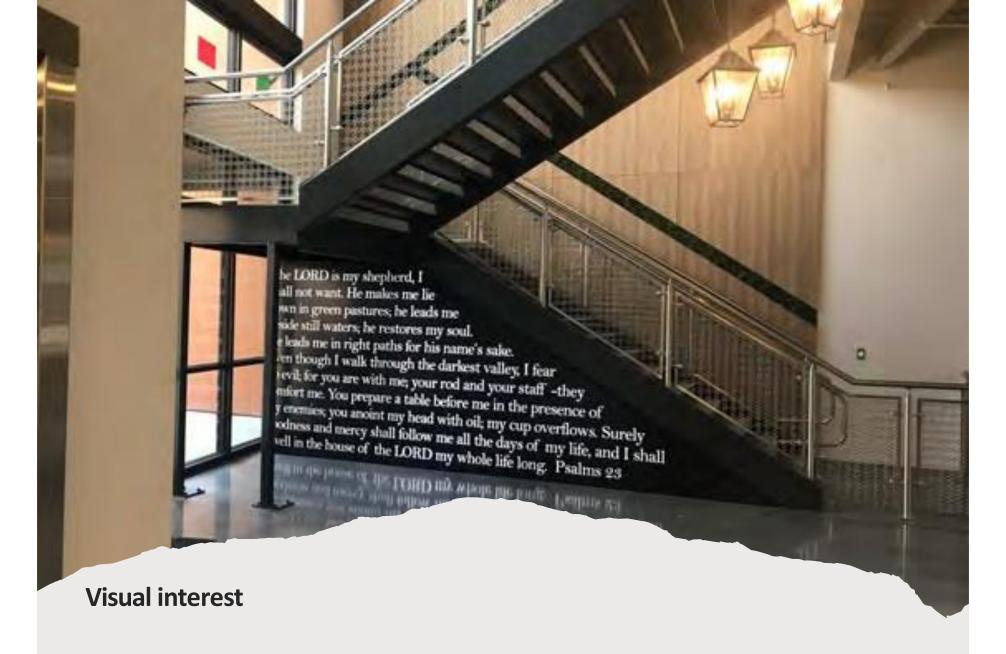
Supporting identity

Signals of relationship and worth



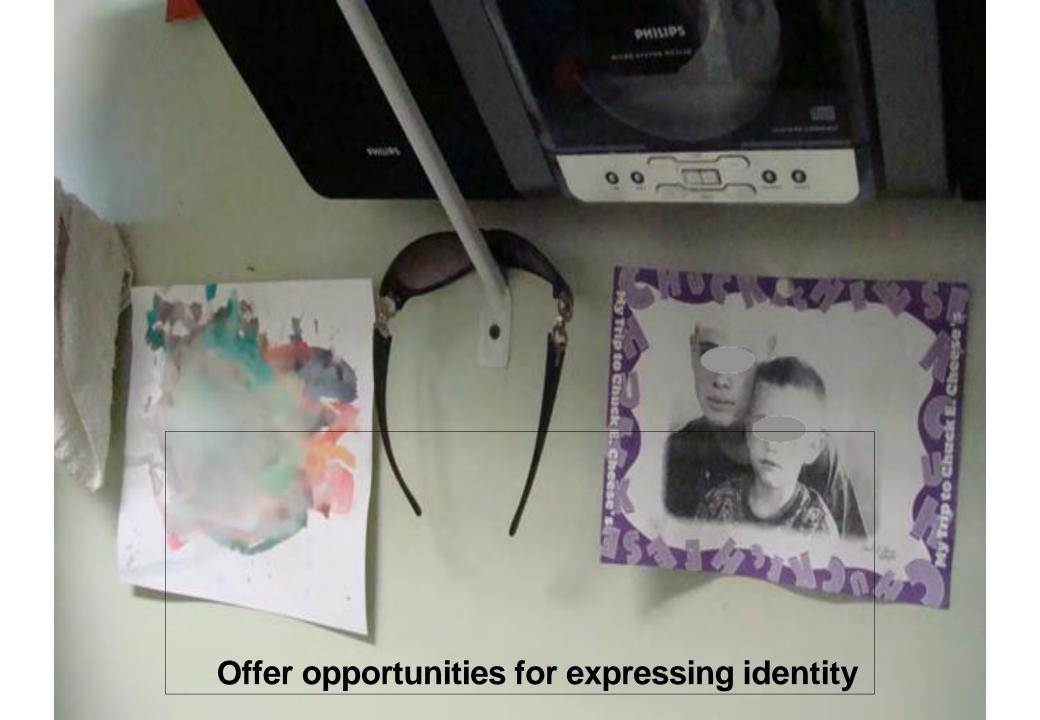


Meeting people where they are Hydration station



Restoration House, Atlanta Mission, Nelson, Architecture







The WELL Building standard







- Jill Pable, Ph.D.
- <u>designforhomeless</u> <u>ness@gmail.com</u>
- designresourcesfor homelessness.org



Presenter's Contact Information

Eric Lane, elane@fellowshipmissions.net